

Family Therapy Client Document

About the therapist



Sara Simenson-Braun is an AHPRA-registered psychologist (Clinical Psychology Registrar) who holds a Master of Clinical Psychology and is trained in Attachment-Based Family Therapy.

Sara has experience working with young people and families across hospital, community mental health, and private practice settings.

Sara takes an attachment-focused approach to therapy, with the aim of helping young people and their caregivers better understand one another, strengthen their relationship, and navigate emotional and mental health difficulties together.

About the therapy

Attachment-Based Family Therapy (ABFT) is an evidence-based approach that focuses on:

- Supporting young people's emotional wellbeing and mental health
- Strengthening connection, trust, and communication between young people and their caregivers
- Understanding and working through relationship difficulties or ruptures
- Supporting young people to develop greater confidence, independence, and autonomy
- Working together to understand and address the young person's presenting concerns and develop strategies to support their mental health

What therapy involves

Therapy is structured but tailored to each family and may include:

- Family sessions
- Individual sessions with the young person
- Individual sessions with parents/caregivers
- Sibling involvement where appropriate

What to expect

- Weekly sessions over approximately 12-16 weeks
- Active involvement from both parents/caregivers where possible
- A combination of family and individual sessions, tailored to the needs of the family
- A collaborative and supportive approach focused on both the young person's wellbeing and family relationships

Therapy fees

- \$350 for 75-80 minute session
- Private health insurance rebates may be available depending on your level of cover. Please contact your health fund directly to confirm your eligibility.
- Medicare rebates are not available for this service.

The structure and number of sessions may vary depending on the needs of each family.